

ROTOVUE

Serving Marine Corps Air Station New River and Jacksonville, N.C.

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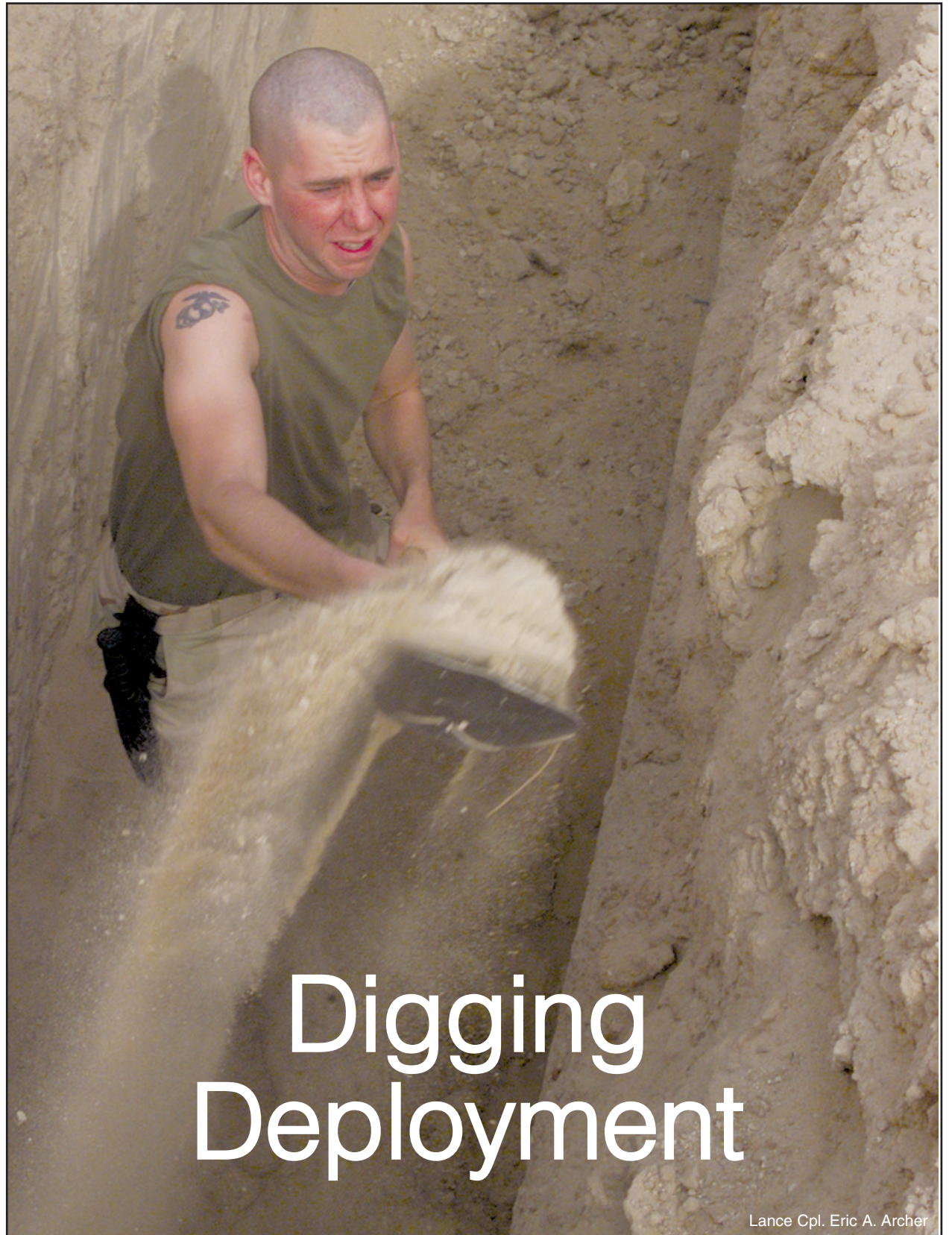
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Digging Deployment

Lance Cpl. Eric A. Archer

FLIGHTLINES

Beware Of Check Scam

There have been several instances in the recent weeks of Marines being approached in the exchanges by people who claim to have lost their identification cards and wish to cash a check. They talk the Marine into doing a "good deed" by cashing a check and giving the money to them in return for a check the Marine can take to the bank and deposit. And, you guessed it, the check the Marine receives is no good.

It should go without saying, but if someone approaches you with a situation like this, don't cash the check. Immediately contact the security people at the exchange and notify the Provost Marshal's Office. If you were one of the people who fell for this, put your shame aside and contact PMO with the details. It can help put these creeps behind bars.

5K Kickoff Fun Run

Register for the Navy Marine Corps Relief Society 5K Fun Run, which kicks off the 2003 fund drive. The cost is five dollars per person and entry forms should be turned in no later than noon, Feb. 27.

Forms can be picked up and payments made at the MCCS administration building AS-208.

The first 100 registered individuals will receive a free long sleeve T-shirt.

The run will begin at aviation memorial near the front gate at 8 a.m.

Check in will be from 6:45 a.m. until 7:30 a.m. on run day. Registration will be allowed the day of the run.

For more information call 449-5603.

OWC 2003 Scholarships

The MCAS New River Officers' Wives' Club is offering scholarship money to qualified applicants. Scholarships are available to family members of officers and enlisted E-5 and below. Application deadline is March 13.

You may pick up your application at your squadron, Navy-Marine Corps Relief Society, American Red Cross and the Personal Services Center. You may also contact Kim Delatte at 324-9707 for additional information.

New River TMO Closed

The Personal Property Office at MCAS New River will be temporarily closed. All personal property business can be conducted at Camp Lejeune's Traffic Management Office, Bldg. 1011. They can be reached at 451-2377, ext. 201 for any assistance.

The passenger office will remain open for normal business.

This temporary closure is attributed to MARADMIN 007/03 Marine Corps Stop Move/Stop Loss policy and increased business within the Freight section.

Point of contact is Master Gunnery Sgt. Rothrock, 451-2501.

Mardi Gras Party 2003

Feb. 28, 6 p.m. to midnight. Sponsored by New River SNCO Wives Club and hosted by Marine Corps Community Services at the New River Staff NCO Club. \$10 per person \$15 per couple (Solution for

spouses of personnel deployed: Two adults = One couple)

6 - 7 p.m.
Cocktail Hour
7 p.m. till its gone
Gumbo and more

There will be a King Cake baking competition with awards for the most creative, the best tasting and for effort. There will also be a Best Dressed Award, door prizes and dancing. All proceeds go to scholarship fund. For any questions call 938-6006.

Childcare will be available from New River Child Development Center (449-6712/6713).

There is a requirement of 10 families minimum to secure this privilege.

Treasure Trash Hunt

If you see trash around the Station, pick it up! Not only does picking up trash aid in efforts to beautify the Station, but it could also lead to a 96-hour weekend liberty pass for Marines and Sailors or a day off of work for civilian employees. Sergeant Maj. V. G. Dwyer, Station sergeant major, has strategically placed "reward" stickers on trash found around New River. Those who find the trash with a sticker should bring it to the sergeant major's office to redeem their reward.

Medical Information Update

Over the next months, the staff at the hospital and local clinics will be screening records as patients come in to ensure that contact information is correct.

This may cause brief delays, and require people to have contact information available. The goal is to ensure that names, addresses, phone numbers and family relationship

information are correct.

Bowl For Your Heart

The Onslow County Parks and Recreation Department, the Onslow County Health Department and the Bowlarena are sponsoring "Bowl For Your Heart" program for Sunday, at the Bowlarena. The event is open to the public and begins at 1 p.m. until 4 p.m. The cost is \$3 per person (includes shoes and one game). All proceeds will be donated to The American Heart Association. Participants will receive free goody bags and door prizes. Free cholesterol and blood pressure check will be available. Children 12 and under must be accompanied by an adult. Everyone bowls at his or her own risk. If you have questions about this program please call the Onslow County Parks and Recreation Department at 347-5332.

Regs for Savings Bonds

The Department of Treasury recently announced that the minimum holding period for Series EE and I bonds has been increased from six to 12 months as of Feb. 1.

This change means people who purchase EE or I bonds on or after Feb. 1 must wait one year before they may redeem those bonds. People who purchase bonds will receive a notification of this new policy with their bonds until the preprinted bond stock that incorrectly states the previous holding period is used up. More information is available at www.savingsbonds.gov.

For more about the Defense Finance and Accounting Service, please visit <http://www.dfas.mil>.



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If you have any comments or suggestions you may also contact the public affairs office at (910) 449-6196 or fax (910) 449-6478.

New River celebrates Black History Month

Sgt. Juan Vara
correspondent

Hundreds of Marines, Sailors and family members gathered at a luncheon held at the New River Enlisted Club, Feb. 13, in celebration of Black History Month.

Organized by the Station Equal Opportunity Representative, Master Sgt. Phillip M. McNair, and the members of the Equal Opportunity Committee, the luncheon featured Master Gunnery Sgt. Roosevelt Baxter, chief of the Criminal Investigation Division aboard Camp Lejeune, as the guest speaker.

Recently conferred a doctorate degree in biblical studies from the North Carolina College of Theology at Wilmington, Baxter is a pastor at the Belgrade First Missionary Baptist Church in Maysville. He also serves as the vice moderator of the East Carolina Progressive Missionary Baptist Association, has preached and taught the Gospel throughout the United States as a revivalist and conference speaker, and has taught many marriage and relationship workshops.

At an event full of pride and joy, attendees enjoyed songs performed by Station Marines and food prepared by a

local caterer.

One of the most emotional moments was when Lance Cpls. DeeLea D. Carroll and LaTrevia Y. Evans, administrative clerks at the Headquarters Squadron of Marine Aircraft Group 26, sang a song entitled 'Black Anthem'.

All in attendance stood and a large number of Marines, Sailors and family members joined them singing in unison, briefly transforming the club into a concert hall.

Major Gregory Brown, operations officer of Marine Helicopter Training Squadron-302, served as the master of ceremonies and introduced the guest speaker to a crowd of more than 180 in attendance. Baxter talked about the Montford Point Marines and the sacrifices they made to make America what it is today.

"As we examine our military history we recognize those who paved ways and made sacrifices to give us what we have," he said. "It is because of that sacred patch of land that I am here, and I'm able to wear the eagle, globe and anchor."

Howard P. Perry, the first African-American recruit to arrive at Montford Point in 1942, was the focus of Baxter's lecture.

"He came to a snake and mosquito infested swamp ... a place designed to make him fail ... a place where he could not leave without being escorted by a white Marine, but he stayed," Baxter stated. "And I'm not here to praise the African-American, I'm here to praise American history. Because they were Americans and suffered as much as everyone else to make this one nation indivisible, with liberty and justice for all."

After a standing ovation, Baxter was presented with the book "The Souls of Black Folks" as a token of appreciation.

"I'm honored to be here because of the occasion," said Baxter. "It's important that any society acknowledges every culture that makes it what it is."

The celebration of Black History Month is owed to Dr. Carter G. Woodson, a historian and educator from New Canton, Va. In 1926, the second week of February, he launched



Sgt. Juan Vara

Master Gunnery Sgt. Roosevelt Baxter, chief of the Criminal Investigation Division aboard Camp Lejeune, talks to Marines, Sailors and family members at the Black History Month Luncheon held at the New River Enlisted Club, Feb. 13.

Negro History Week (which later became Black History Month) as an initiative to bring national attention to contributions of black people throughout American history.

Woodson chose the second week of February because it marks the birthdays of two men who greatly impacted the American black population, Frederick Douglass and Abraham Lincoln.

Wave of violent crime spreads on base

Master Sgt. Tim Shearer
public affairs chief

A recent rash of strong-armed robberies aboard Camp Lejeune has caused military leaders to issue warnings to people advising increased awareness and avoidance of situations that lend themselves to criminal attacks.

Two attacks happened last week at Lejeune. In both cases the attackers approached victims, brandishing handguns and electric "tasers". The victims were accosted and forced to give up bankcards and pin numbers. Both victims were sprayed with mace as the attackers fled with the ATM cards and access numbers.

While armed robbery on base is a rare occurrence, it tends to come in waves when undesirables find a way to access the base and scout out areas to find vulnerable people. The military police have a solid record of busting criminals using such methods of operation, but until the bad boys are shackled, situational awareness is touted as the way to stay out of a situation that could lead to victimization.

"The best defense against a personal crime like this

is to avoid placing yourself in a position of vulnerability," said Maj. Bryan Wood, Provost Marshal for MCAS New River. "Vulnerable areas include remote ATMs, parking lots, car washes or dark areas where you can't be observed. Criminals look for isolated areas to commit crimes so they won't be observed."

While that sounds like a common sense issue, people on base are sometimes lulled into a false sense of security as they are on a compound with armed guards. Many people, however, can gain base access to plan and execute crimes and the best defense is situational awareness by all individuals. It is also important to observe surroundings before approaching an ATM or even getting out of a car to walk into a building.

"The most powerful self-protection tool you have is the power of observation," said Wood. "By taking a minute to survey the area before you get out of your (locked) car, you can see if there is someone hanging around who could pose a threat.

"Don't be in a hurry, and if something doesn't look right leave the area and contact the military police," he added. "It's also invaluable to have someone with you to observe the area. Criminals like to

single-out individuals and will be hesitant if there is more than one person."

Observation and situational awareness will prevent you from placing yourself in a dangerous situation; however, if you become a victim of a robbery you will probably not be able to effectively react to stop the attacker, Wood explained that the best course of action is to comply with the demands of the attacker. "You are in a vulnerable situation in which the attacker has the upper-hand with both the element of surprise and planning," he said. "When the robbery is underway, you are too late to prevent it and may be risking injury or death to try and fight back."

"The best thing you can do at that point is observe and concentrate on memorizing details that help the police find the criminal," he said. "Things like height, weight, complexion, accent or mannerisms will help the investigation."

Wood also emphasized that the New River PMO section makes themselves available to give force protection classes to units on a regular basis. These classes cover things like common crimes and anti-terrorism protective measures. To schedule one of these classes or to report a crime, call PMO at 449-6111.

Flu season a reason for shots

Sgt. Christine C. Odom
correspondent

By nature Marines have the instinct to protect, but they often fail to protect themselves from an enemy they can't see.

The influenza virus has been around since the middle ages and has caused some of the worst epidemics in the world, but the average stubborn Marine overlooks even this fact when it comes to his health.

"Every year before flu season, the Marine Corps researches several different strains of the flu virus, which may be harmful, and then combines the three most harmful to create a flu vaccine," said Petty Officer 3rd Class Erica K. Diluciano, immunization petty officer at the Station Medical Clinic.

According to the Food and Drug Administration, the trivalent influenza vaccine prepared for the 2002-2003 season includes strains from New Caledonia, Panama and Hong Kong. These viruses are used in the manufacturing of the vaccine because of their growth properties and because they are representatives of currently circulating influenza A and B viruses.

"When we give the flu shot, it doesn't give you the flu," said Diluciano. "The shot is supposed to prevent you from actually getting the virus."

The shot prevents flu-contraction by super-charging the body's natural defense system. Another misconception about the flu is that it is the same every time someone has it, said Seaman Rebecca L. Bartlett, corpsman for Marine Light/Attack

Helicopter Squadron-167.

The viruses undergo constant genetic changes and become different strains, but they may still have some of the same symptoms. Even the smallest change in one of its 10 genes is key to making certain strains of the virus especially virulent to humans, as stated by the National Institute of Allergy and Infectious Diseases.

The NIAID believes that wild waterfowl are natural carriers of the influenza virus. These birds transmit the virus to pigs or chickens, which then pass it on to people.

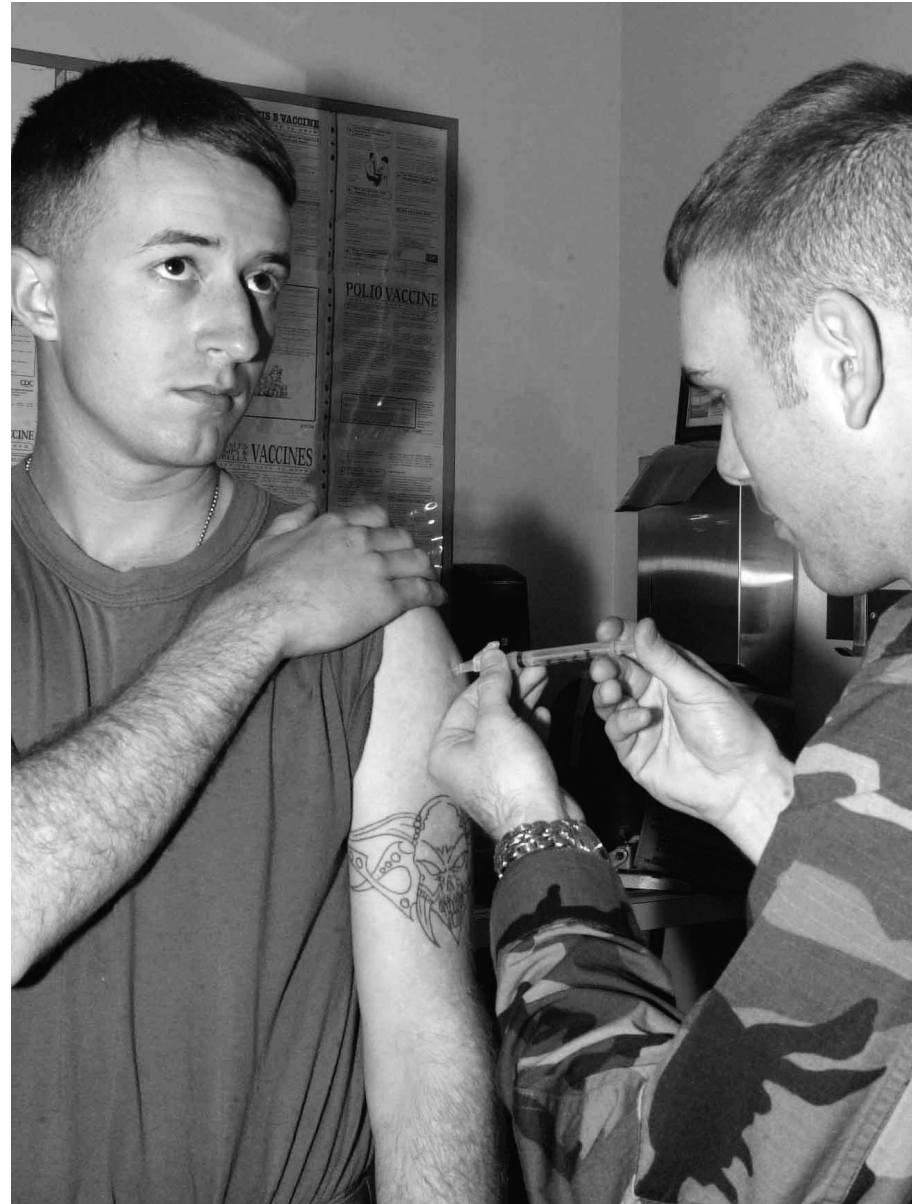
Some symptoms people may experience are fever, chills, muscle pain, sore throat and fatigue. Feelings of depression and inflammation of the pharynx may also be characteristics.

Unfortunately, if someone has these symptoms already, they are still going to receive the flu shot. In fact, an administrative message from September 2002 mandates a Marine Corps wide priority on influenza vaccinations.

Regrettably, the opportunity to prevent these airborne viruses from infecting people is running short. March is the last month the clinic will be administering influenza shots. Of course there are other methods of prevention.

"The most important way to protect yourself from the flu is to wash your hands," said Diluciano. "You also need to make sure you're eating healthy."

"The better you take care of yourself, the better your immune system will be."



Sgt. Christine C. Odom

Seaman Apprentice James C. Philips, corpsman at the Station Medical Clinic, administers an influenza shot to Pfc. Christopher Mason, heavy equipment mechanic, MWSS-272.



Lance Cpl. Eric A. Archer

Relaxin' in the Sand

Marines from New River's Marine Wing Support Squadron-272 Aircraft Rescue and Firefighting take a break during their deployment in Kuwait.

Marines not deployed have mission at home

**Master Gunnery Sgt.
Billy D. Stewart**
contributor

In 1990, I found myself glued to the television as many of my peers were dodging chemical alarms and scud missiles initiated by Saddam Hussein during Desert Shield/Storm. I was a staff sergeant with a large ego that just plain felt left out. A year earlier I had left the drill field and was on leave en route to my next duty station. A nasty hunting accident dealt me a broken back and two stabilizing rods implanted in my back. Following a year of light duty, I felt ready to resume full activities and deploy as Desert Shield began to build up.

Due to my injury, my superior officers felt that it was best to allow my back to heal for a little while longer. This decision squashed any opportunity I might have had at deploying to Southwest Asia. Later that week, my wife was recalled to active duty and deployed to Camp Lejeune to support the war effort. I was left watching my wife, my peers, and my Marines doing just what they had been trained to do;

defend our country against the "bad guys." I was disheartened and I felt my duties in the rear would be insignificant. I was very mistaken that day, just as many Marines are in the year 2003.

The chatter throughout the Marine Corps as well as the other armed services is the word "deployment." Marines spend every waking moment of their careers preparing for the day they will be called to defend this great nation. Marines will jump at the chance to get a spot on a deployment roster that is on the "tip of the spear." The fact remains there will usually be more Marines volunteering than there are vacancies to deploy. Marines are competitive by nature and desire to be on the "first string" in all aspects of their lives, including real world deployments. I have a waiting list of Marines in my department who want to deploy. I very rarely have to ask twice for a Marine to volunteer.

However, just as it was during the Gulf War, many Marines will second-guess their significance if they remain in the continental United States during a deployment. As I stated earlier, don't

be mistaken about your role. The remainder of this column will discuss a few basic sporting concepts relating to how you can best serve your country and Corps if you find yourself not deploying forward. The first rule we will discuss is your attitude.

A deployment is conceptually no different than a basketball game. Both have rules, regulations and a number of allowed players. Every player has a significant role whether it is as a starter, a reserve or as some type of support element. A team-fostering attitude is paramount. A deployable unit usually finds itself in the same situation. Good Marines will start and good Marines will remain on the bench or in a support capacity. The important aspect is to realize that you may not start the game. Not because you're not good enough, but for reasons out of your control. There may be personnel restrictions, medical issues or maybe you are just not in a deployable unit. The important aspect is to understand your role in the game and support the team in whichever way you are called upon. Ensure you have attitude to serve to the best of your ability in any

role and you will be on your way to supporting the fight. Now that you have your mind right, it's time to understand the importance of the "remain behind" role.

The starting players of any basketball team rarely play the whole game alone and come out on top. The Marine Corps comes out on top because it has great depth on its bench. A winning team always has an outstanding bench from which it can pull resources. The Marines have proven this repeatedly because of their work ethic. Whether the Marine is on standby to relieve a forward-deployed leath-erneck, fixing aircraft parts or inputting unit diary entries, his actions have a direct positive effect on the success of the Marines forward deployed. When the Marines are supported properly by the bench they will execute their role successfully and without distraction. This can never be underestimated. Just because you're not on the court, don't think you're not important to the organization. A great example

See HOME, page 12

30 years without draft yields all volunteer force

Value has been validated in past wars, skirmishes

Kathleen T. Rhem
American Forces Press Service

WASHINGTON - The all-volunteer force took nearly a generation to come to fruition, but has since proved its worth in combat.

Thirty years after then-Defense Secretary Melvin R. Laird established the all-volunteer force, some politicians are again calling for resumption of a military draft. Defense leaders are crying foul; they don't want it, and they don't need it.

A senior defense official briefed media in the Pentagon on the advantages and history of the all-volunteer military force, Jan. 13.

"There was no military in the world at that time of comparable size that operated on a volunteer basis," the official said. He noted that Great Britain had a volunteer military, but it was nowhere near as large in either absolute numbers or in percentage of population as what the United States was attempting.

The force took 10 to 15 years to come to fruition, and it wasn't proven in combat until the Persian Gulf War of the early 1990s.

"I would argue that the fine performance of our forces in the Persian Gulf War in 1991, the fine performance you've seen in a variety of crises in the last 10 years, including operations in Afghanistan this last year and continued operations in the greater Southwest Asia region, indeed reflect the excellence of that force," the official said.

This official debunked the notion that the all-volunteer force would lead to a higher percentage of African-Americans and other minorities being killed in a war. He said blacks comprise only a slightly higher percentage of enlistees than found in a comparable age group in the general population -- 21 percent of military service members versus roughly 14 percent of the general population.

A Defense Department report from the Office of the Undersecretary of Defense for Personnel and Readiness, which was distributed at this briefing, explains that most blacks in the military serve in administration and other support jobs. They make up only 15 percent of the combat arms positions.

In the Persian Gulf War, the first major test of the all-volunteer force, 23 percent of service members were black, while blacks comprised only 17 percent of combat or non-combat deaths, the report stated.

This official also refuted the oft-held notion that military recruits come from the "poor and uneducated" in American society. He said military recruits

come from among the best-educated and most-intelligent segments in society. The vast majority of recruits are high school graduates. By the time they complete their first term of enlistment, many have at least some college.

"We demand a higher level of educational aptitude achievement for most of our recruits than is true of the population at large," the official said. "So we are aiming to get an above-average population in terms of enlisted recruits."

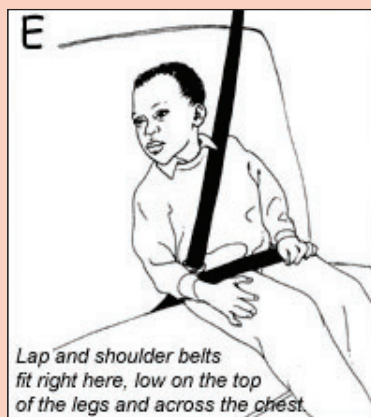
The information paper that was distributed states 90 percent of new military recruits have graduated high school, while only 75 percent of the general population has.

The all-volunteer force is the envy of other countries around the world and of civil society, the official said.

He noted countries in Western Europe and even former Communist Bloc countries in Eastern Europe are following the lead of the United States and asking for this country's help in establishing all-volunteer militaries.

The military's high esteem in civil society is evidenced by the high level of success former service members have when they leave the military. "(Former service members) successfully are offered positions in civilian life and often go on to very senior posts," the official said.

Quick safety seat checkup tips



Does your child ride in the back seat?

The back seat is generally the safest place in a crash. If your vehicle has a passenger air bag, it is essential for children 12 and under to ride in back.

Does your child ride facing the right way?

Infants should ride in rear facing restraints, preferably in the back seat, until about age 1 and at least 20-22 lbs. (A). Infants who weigh 20 lbs. before 1 year of age should ride in a restraint approved for higher rear facing weights (B). Always read your child restraint owner manual for instructions on properly using the restraint. Children over age one and at least 20 pounds may ride facing forward (C).

Does the safety belt hold the seat tightly in place?

Put the belt through the right slot. If your safety seat can be used facing either way, use the correct belt slots for each direction. The safety belt must stay tight when securing the safety seat. Check the vehicle owner's manual for tips on using the safety belts.

Is the harness buckled snugly around your child?

Keep the straps over your child's shoulder. The harness should be adjusted so you can slip only one finger underneath the straps at your child's chest. Place the chest clip at armpit level.

Does your child over 40 pounds have the best protection possible?

Keep your child in a safety seat with a full harness as long as possible, at least until 40 pounds (C). Then use a belt-positioning booster seat that helps the adult lap and shoulder belt fit better. A belt-positioning booster seat is preferred for children between 40-80 pounds (D). It is used with the adult lap and shoulder belt. Check on special products for heavy children too active to sit still in a booster.

How should a safety belt fit an older child?

The child must be tall enough to sit without slouching, with knees bent at the edge of the seat, with feet on the floor. The lap belt must fit low and tight across the upper thighs. The shoulder belt should rest over the shoulder and across the chest (E). Never put the shoulder belt under the arm or behind the child's back. The adult lap and shoulder belt system alone will not fit most children until they are at least 4'9" tall and weigh about 80 pounds.

For more information call your local safety group or the Department of Transportation Auto Safety Hotline: 1-888-DASH-2-DOT.

Even the "safest" seat may not protect your child if it isn't used correctly.

Information taken from:
www.nhtsa.dot.gov

What's on Leatherneck TV

LCTV-10

The Middle East is a land with a rich and interesting history, but it is also a land that is constantly overwhelmed by change and swathed with conflict.

This week LCTV-10 introduces The Middle East: Part 3 and Part 4, in its continuing series on Middle Eastern history.

The Middle East: Part 3 focuses on sects and violence, in particular, the Shiite Muslim. Return to 632 A.D. on the Arabian Peninsula and discover how this sect became linked with violence and fanaticism.

Heavily opposed by the Sunni Muslim majority, the Shiites remain the poorest and most destitute segment of the population. The religion of the Shi'a plays an important role in the

Iran-Iraq war. The Middle East: Part 3 airs at 12:30 and 6:30 p.m. and again at 1 and 6:30 a.m.

Coup d'etat, armed conflicts and violent demonstrations mark the histories of Egypt and Algeria. Self-determined and politically independent, the countries of Egypt and Algeria have come a long way since the end of World War II. Learn more about the fascinating and intriguing histories of Egypt and Algeria on The Middle East: Part 4, which airs daily at 1 and 7 p.m. and again at 1:30 and 7 a.m. Additionally, we will also show First Strike: Desert Storm Navy, at 1:30 and 9 p.m. and again at 4 a.m. Relive the moments of our Navy's first encounter with Saddam.

You won't want to miss the Navy/Marine Corps News. In the headlines: the Marine Corps Chemical

and Biological Response Force works with Alexandria, Va., as they test themselves in a large scale mass casualty drill. Learn more about the smallpox vaccination program from the USS Constellation's medical officer and take a look at the high speed Joint Venture vessel as it takes a respite in Rota, Spain. Navy/Marine Corps News airs daily at 8:30 a.m., 3:30 and 11 p.m. This episode also airs again at 3 a.m.

Did you know that the American Dental Association (ADA) recommends that your child's first visit to the dentist should occur within six months of the eruption of the first tooth? Find out everything you need to know on Children's Dental Health, which airs at 11:00 a.m., 4:30 and 8 p.m. and again at 2 a.m.

Learn how to become a financial

wiz this week! User Friendly Budgeting, airs daily at 10:30 a.m., 6 and 10 p.m. and again at 12:30 and 6 a.m. As always don't forget to watch The Morning Report live at 8 a.m.!

Leatherneck Cable TV-10 can be seen on base with Charter Channel 10 or you can view LCTV-10 on Time/Warner Channel 10 in town on Monday through Friday from 8 a.m. to 8 p.m., Tuesday and Thursday from 8 a.m. to 6 p.m. and Wednesday from 12 to 6 p.m.



Do we have a consistent ethic?

Lt. Joseph Koch
chaplain

A few years ago PBS stations aired a documentary on Chicago's late Cardinal Joseph Bernardin. In it we see a human person who faced many issues and clarified a value system that grounded his decisions and opinions. Confronting many difficult situations, he was faithful to the values he espoused. In his faithfulness, he became a role model of how to look at complex issues and find common ground.

This portrait highlights how he developed the central premise of the Consistent Ethic of Life, which he poetically called "The Seamless Garment." In the polarized rhetoric of the 1980s, birth and death issues were argued independently. People held views that seemed contradictory and were often challenged for their inconsistency. The gulf between people grew wider. No one, it seemed, asked the same question of all issues; what does it really mean to say that we respect and value life? Cardinal Bernardin took that one on.

In seeking a reasonable answer to that broad question he articulated a core belief that allowed him to look at abortion, euthanasia, capital punishment, and even war within a single value system. He invited people to see life itself as valuable and a gift to be cherished and protected, nurtured at all times, and to use that frame of reference to help us decide our behavior in individual circumstances.

The Seamless Garment document became Cardinal Bernardin's gift of integration. It defined him and graced the

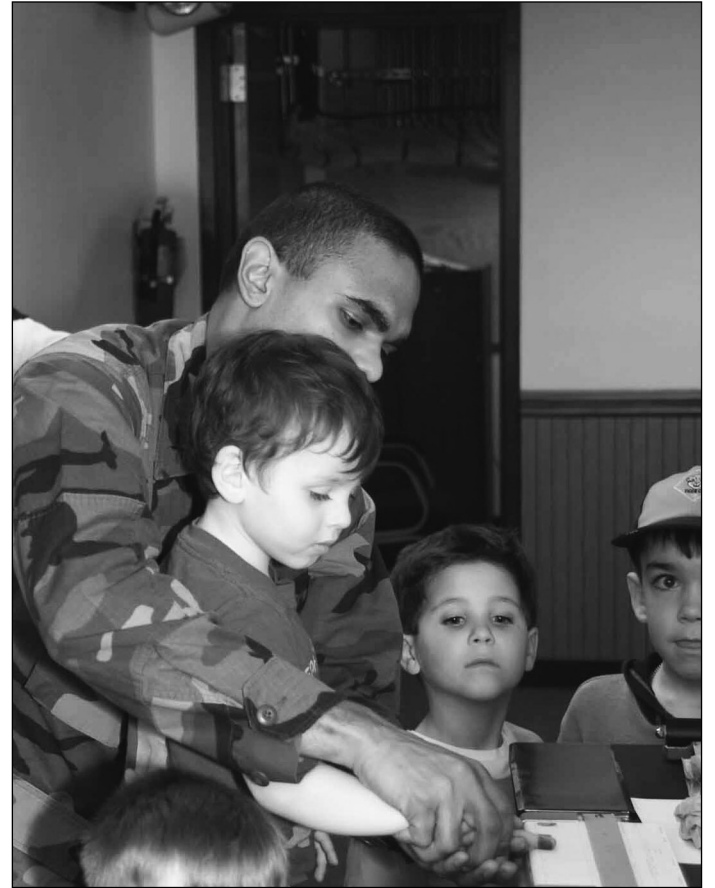
remainder of his life.

Besides birth and death issues, what else should our seamless garment cover? In the day-to-day, what does it mean to say that we respect life? Does it dictate how we live and treat each other? What does it mean in our workplaces?

Commentaries about work possibilities and negatives can distract us from a profound truth; work and business is about relationships among human beings. As we make, buy and sell goods and services, we connect with other people and are joined temporarily in pursuit of a common goal. Within that process, we bring our selves - our hopes and goals, our fears and skills, our histories and our beliefs - and we interact. Whether we are the customer, co-worker, owner, or vendor in the details of day-to-day life we express our values and beliefs through what we do.

Kindness, compassion, forgiveness, liberation, hospitality, fairness, communion - these signs of love are seen every day in every kind of workplace. We also see the signs of spiritual emptiness - arrogance, greed, devaluing, isolation, and violence. We build or undermine work relationships by our behavior. Are we aware and conscious of what we do? Do we claim one value system and live out another? Or, are we integrated and centered around a core belief that defines and graces the lives of those around us? It is worth asking, do we have a consistent ethic of life, which include our attitude and dealings toward those we work with? Or what do we really mean when we say we respect life?

G-r-r-r-reat Prints



Sgt. Juan Vara

Riley Burger, 3, a member of Tiger Cubs pack 309 from Jacksonville Commons Elementary School, gets fingerprinted by Pfc. Alty Jahalal. The Tiger Cubs were aboard Station Friday, on a field trip to observe a day in the life of a military policeman.



A member from team XXX raises his gun and walks off the field after being eliminated from the match.

Referees position themselves throughout the field to ensure a fair and safe play. Six certified referees are in the field throughout every match.



After having captured the flag, a mid player from team Category 5 takes cover and reloads his gun while participating at the regional tournament held at Coastal Paintball of Jacksonville, Sunday.



Team Coastal Breakers, a local team, face away from the field in a tactical stack, awaiting for the beginning of the match.



A back player from team Mantis out of Greenville, N.C., hides behind the inflatable bunker and takes aim, providing cover for his teammates, giving them an opportunity to move forward and capture the flag. Each players' gun must fire below 280 feet per second before entering the field as a measure to reduce injuries.

You may begin firing when your opponents appear

story, photos by
Sgt. Juan Vara
correspondent

Paintball is known for being one of the most exciting sports in the world. More than 7 million people in the United States play the game and today it's ranked as the #3 extreme sport.

Coastal Paintball of Jacksonville hosted a regional tournament Sunday, and die-hard teams from the Carolinas showed up to compete for cash and trophies.

"The tournament was packed with a lot of exciting action," said Cpl. Jeffery D. Wunder, a ground communications repairman with the Ground Electronics Maintenance Division of Headquarters and Headquarters Squadron at MCAS New River.

"It's always good to come out and play paintball on the weekend. It's a good way to relieve some stress."

Wunder, a Mountain View, Calif., native, is an avid paintball player who has been playing for eight years.

Commonly, players divide into two teams to play "capture the flag." A combination of the childhood games "tag" and "hide and seek", paintball is challenging both physically and mentally.

While trying to capture a flag, players also try to eliminate opposing players by tagging them with a paintball expelled from a paintball marker (a special airgun).

Some of the benefits of playing paintball are the physical activity and the spirit of competition among players. While having fun, players learn about

teamwork, gain self-confidence and develop leadership abilities.

According to Bambi J. Bullard, owner of Coastal Paintball, the competition was pretty good across the board.

Local team Coastal Breakers showed up, along with Carolina Siege from Lakeview, S.C., Category 5 from Lumberton, N.C., Mantis from Greenville, N.C., XXX from Princeton, N.C., and Zero from Raleigh, N.C.

"Though all the teams had good communication between its members, my favorite team was Mantis," said Lance Cpl. Jason T. Poll, a Coopersville, Mich., native now an administrative clerk with the Station's Installation Personnel Administration Center. "They deserved the first place trophy they won."



Team Category 5 breaks out to take their assigned positions at the beginning of a match. Speed and agility are keys to winning the seven minute confrontation.

(Right) Maneuvering for an open shot, a mid player of team XXX attempts to add points to his team's score by eliminating some of his opponents. Five players constituted each team in accordance to Atlantic Coast Tournament Series regulations.



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would be that of the basketball manager. The manager doesn't set foot on the court, but because he ensures that players have the required serviceable uniforms and gear, the role is irreplaceable. Never underestimate your role to the forces deployed or to the institution as a whole.

Remember, there may be more than one game that needs your hard

work and dedication. While you are working hard there is one final role that we all must play ... the role of the fan.

The final, and one of the most important concepts is moral support. It is no secret that fans have a direct effect on the outcome of a game. A cheering section at a high school basketball game can turn an average player into a scoring machine. If players feel no one is out there supporting, their performance will not be at its peak. Marines deployed are players on both ends of the spectrum and should be supporting each other

every chance they get. Marines are known for their ability to motivate each other and make the best of any situation.

This can be accomplished through letters, e-mails, encouraging words when they call or just listening. Make every Marine feel that what they are doing is significant, because it is.

If you find yourself not on the "tip of the spear," rest assured that you're not alone. You are with proficient company. You may never know how important you are to a Marine or unit that is forward deployed. You

may never know that the Marine you successfully mentored while you remained behind will someday be a general, or the part you repaired for an aircraft enabled a squadron to accomplish a mission. Whether you're serving present or future endeavors you can rest assured that they both are intertwined and priceless.

Never sell yourself short because the Marine Corps doesn't. Just serve! Do it with vigor, pride and with a purpose. As I continually state, the country and Corps deserve nothing less.

Now you can read the RotoVue online at
<http://www.newriver.usmc.mil>

Water up the nose and survival on the mind

Every Marine who flies on a helicopter needs to know how to survive a water crash

Gunnery Sgt. Keith A. Milks
contributor

CAMP LEJEUNE - The video is both absorbing and horrifying. Taken from aboard the USNS Pecos, the images show a CH-46E Sea Knight helicopter from the 15th Marine Expeditionary Unit become ensnarled in the Pecos' safety netting during a shipboard seizure exercise.

Aboard the stricken aircraft, five crewmen and 13 passengers fight for their lives as the helicopter suddenly rolls over and falls top-first into the blue, 3,900-foot-deep water off the California coast. It took less than 40 seconds from the start of the tragedy for tail number 154790 to completely disappear beneath the waves.

Six Marines and a Navy corpsman died in the December 1999 accident. At the time, select Marines and aviators were subjected to the 'helo dunker,' but there was no standard program for providing individual aircraft passengers with the skills necessary to survive a helicopter crash.

The tragic accident galvanized the Marine Corps into action and in spring 2001, the Corps implemented a training regimen teaching helicopter passengers how to successfully egress from a sinking helicopter.

For nearly 18 months, Marine and

Navy instructors taught the Interim Passenger Helicopter Aircrew Breathing Device (IPHABD) Familiarization Course, but the Marine Corps turned to a civilian contracting company to standardize the training.

The contract was awarded to Survival Systems Inc., which began teaching the course in September 2002. Dual headquartered in Canada and the U.S., SSI traces its origins to 1978 when it began teaching water survival techniques to offshore oil rig workers.

Recently, Marines and Sailors from the 22nd Marine Expeditionary Unit underwent the training, and according to Capt. James R. Gibson, of Longbranch, N.J., the key benefits of the training lie in familiarizing the Marines with the survival equipment and procedures.

"The HABD/SWET (Shallow Water Egress Trainer) training prepares Marines to survive in the unlikely event that an aircraft must ditch at sea," said Gibson, a KC-130 Hercules pilot serving as the MEU's assistant air officer. "As with any piece of gear, familiarity with the proper operating procedures and prior exposure to the device will greatly improve a Marine's chances of survival."

For many Marines, the half-day course was their first exposure to advanced water survival training

beyond annual water survival qualification.

"Some Marines come to us with apprehension, skepticism, and some even with fear in their eyes," said Edward E. Humphrey, SSI's chief water survival instructor aboard Camp Lejeune. "We work closely with each Marine and maintain a calm, non-threatening posture. At the end of the training, we give them a fighting chance to egress a helo should the unthinkable occur."

According to Humphrey, the training consists of a period of classroom instruction followed by training in the pool. The primary water training device is the 'SWET chair,' a mock helicopter seat attached to buoys manned by SSI instructors.

"All trainees first visit the SWET chair for three breath-holding exercises," said Humphrey.

Strapped into the seat wearing their utility uniform and helmet, the Marines are briefed on the best method to egress the seat. The Marines then adopt a crash position with their feet flat on the deck, hands grasping the seat, and bent at the waist. The instructor's call of "ditching, ditching, ditching" is their cue to gulp a final breath of air before they are spun 180 degrees until they are sitting upside down underwater.

The complete rotation is designed to simulate what would occur when a top-heavy helicopter strikes the water and turns over. The first dunking has



Gunnery Sgt. Keith A. Milks

Marines from the 22nd Marine Expeditionary Unit prepare for the Shallow Water Egress Trainer (SWET) aboard Camp Lejeune. Training in the SWET is part of the advanced water survival training for deploying Marines designated as frequent flyers.

the trainee remain underwater for five seconds to demonstrate he can retain his composure.

The second and third evolutions are

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a bit trickier. When he is placed underwater a second time, the trainee must find a reference point, unbuckle from the seat and then exit the SWET through a small opening resembling a helicopter window. The third evolution calls for a window to be placed over the opening that the student must open before swimming through.

This evolution complete, the trainees then practice using the IPHABD, a small tank of air strapped to the floatation devices required for helicopter passengers. They are taught to ensure it is functioning and practice breathing with the device when submerged, and to purge it should the

device fill with water.

"The most difficult task for the trainees to perform is the wall hang," said Humphrey. "Here they hang completely upside down [underwater] with their sinus passages flooded while trying to clear water from the regulator unit."

Trainees, assisted by an instructor, are lowered into the water three times. The first time they hold their breath, the second time with the breathing device in place, and the third time requires they purge the device.

Upon completion of the wall training, the trainees return to the SWET chair where they repeat the earlier dunking evolutions, except now they

do so with the use of the IPHABD.

The culmination of the training is when the trainees are dunked, employ their IPHABD, and egress the SWET chair while wearing 'black-out' goggles that simulate being submerged at night or in murky water.

At each stage of the training, the instructors, most of whom are retired or former Marines and Sailors, critique the trainees on their performance and offer suggestions to increase their survivability. Throughout the training, one of the instructors, a former firefighter and emergency medical technician (EMT), is on hand.

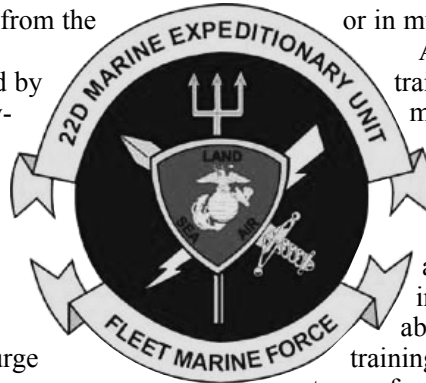
"Everyone should go through this training," said Lance Cpl. Robert S.

Hage, of Howard County, Md., an administrator assigned to the MEU Personnel Administrative Center. "It gave me first-hand insight on what happens in a helo crash and what steps I should take to survive."

Hage, who admits to harboring an apprehension about the water, said the training helped dispel long-standing fears of the water and gave him confidence in his abilities to survive in a helicopter mishap over the water.

In addition to Camp Lejeune, SSI has set up shop at Camp Pendleton, Marine Corps Air Station Kaneohe Bay, Hawaii, and in Okinawa, Japan. Marines designated as 'frequent flyers' are required to undergo the training every four years.

For more information on the organization, mission and status of the 22nd MEU, visit the unit's website at www.22meu.usmc.mil.



302 Change of Command



Sgt. Juan Vara

Lieutenant Col. C. E. Jolley relinquished command of Marine Helicopter Training Squadron-302 to Lt. Col. W. E. Wetzelberger, at a change of command ceremony held Feb. 21.

United States Marine Corps rules for gun fighting

1. Bring a gun. Preferably, bring at least two guns. Bring all of your friends who have guns.

2. Anything worth shooting is worth shooting twice. Ammo is cheap. Life is expensive.

3. Only hits count. The only thing worse than a miss, is a slow miss.

4. If your shooting stance is good, you're probably not moving fast enough nor using cover correctly.

5. Move away from your attacker. Distance is your friend. (Lateral and diagonal movement are preferred).

6. If you can choose what to bring to a gunfight, bring a long gun and a friend with a long gun.

7. In ten years nobody will remember the details of caliber, stance, or tactics. They will only remember who lived.

8. If you are not shooting, you should be communicating, reloading, and running.

9. Accuracy is relative: most combat shooting standards will be more dependent on "pucker factor" than the inherent accuracy of the gun.

10. Use a gun that works EVERY TIME. All skill is in vain when an your powder gets wet.



Cpl. Josh P. Vierela

11. Someday someone may kill you with your own gun, but they should have to beat you to death with it because it is empty.

12. Always cheat; always win. The only unfair fight is the one you lose.

13. Have a plan.

14. Have a back-up plan, because the first one won't work.

15. Use cover or concealment as much as possible. The visible target should be in FRONT of your gun.

16. Flank your adversary when possible. Protect yours.

17. Don't drop your guard.

18. Always tactical load and threat scan 360 degrees.

19. Watch their hands. Hands kill. (In God we trust. Everyone else, keep your hands where I can see them).

20. Decide to be aggressive ENOUGH, quickly ENOUGH.

21. The faster you finish the fight, the less shot you will get.

22. Be polite. Be professional. But have a plan to kill everyone you meet.

23. Be courteous to everyone, friendly to no one.

24. Your number one Option for Personal Security is a lifelong commitment to avoidance, deterrence, and de-escalation.

25. Do not attend a gunfight with a handgun, the caliber of which does not start with a ".4".

U.S. Navy rules for gun fighting

1. Adopt an aggressive offshore posture.

2. Send the Marines.

3. Drink coffee.

On the homefront



Answering all your questions from 'One Source'

MCCS introduces new program to provide information about the Marine Corps

Sgt. Christine C. Odom
correspondent

Finding answers to even the most trivial of questions has been made easier since Marines, Sailors and family members were introduced to Marine Corps Community Services One Source, Feb. 12.

One Source is a new program that was implemented Marine Corps-wide this month. It provides information on links to military and community resources via telephone or online and is available around the clock by logging on to www.mccsonesource.com. The user identification and password is simple for everyone to remember, just type in Marines for the user and Semper Fi for the password.

"The Marine Corps is the only branch that is providing this kind of service for all of its members," said Karen S. Slack, prevention and education coordinator at the Station's Personal Services Center. "I like the fact that Marines and their families will always have a resource out there to help them," she added.

Anyone using the program will find information on different topics such as education, finance, parenting and childcare, health and many other

everyday issues. One Source has a team of researchers standing by to assist customers with any questions they might have.

"This service is not just for families in a crisis situation, it's for the everyday challenges that life brings," said Mary J. Craig, a program specialist with Marine Corps Family Team Building at Headquarters Marine Corps.

In the past, MCCS only had programs and support services available on installations during the week. Marines and their families often had to travel to the facility or location to get information. This may be difficult for those who live off base and don't have access to base during normal working hours.

"It will be especially helpful to those who don't have access to installation support services such as reservists, recruiters, and Inspector and Instructor duty staff," said Craig.

The goal of One Source is to reinforce existing MCCS support systems for geographically dispersed individuals, extend hours of service and standardize the quality of service and information given.

"An important aspect of the service is that 94 percent of calls are answered

within 20 seconds by a real person," Craig said. "You simply dial the 1-800 number, and MCCS One Source connects you with a consultant best suited to answer your particular concern or offer you the support you need."

The program also has a translation service for over 140 languages as well as assistance for the hearing impaired.

According to Craig, online users will have access to an award-winning web site with a comprehensive array of free articles, booklets, audio recordings and other resources to help get the answers the customer wants in the format they want it.

These materials can be sent to the customer via e-mail, fax or by old-fashioned "snail" mail. The Web site is also Section 508 compliant for those with handicaps. There is also a Spanish language version at the site.

Slack believes the Marine Corps has provided all this information and material to its Marines, Sailors and their families at no cost because the Corps felt a deep concern for the well-being of its members.

"I was impressed with the demonstrations, the researchers and the brief," said Slack. "I'm very psyched about this program, and I hope it's so successful that it becomes Department of

Defense-wide instead of just Marine Corps-wide."

For more information about One Source call (800) 433-6868 or contact Mary J. Craig at (703) 784-0295. Individuals can also contact Karen S. Slack, point of contact for the Station, at 449-5259.

Ways to get your questions thru to One Source

CONUS: 1-800-433-6868

TTY/TDD: 1-800-346-9188

En español: 1-888-732-9020

Internet

www.mccsonesource.com

User ID: Marines
Password: Semper Fi